#### **About Us**

The Highlands Recreation District (HRD) is a public agency governed by an elected Board of Directors (5). The Board meets at 7:00pm on the second Tuesday of each month in the Social Room. The Board Members are Hal Carroll, Jim Sell, Pam Merkadeau, Michelle McNeil and Johanna Anton. The HRD is supported by property taxes and user fees and operates the Highlands Recreation Center. All Board Meetings are open to the public. We welcome your ideas and attendance at the Highlands Recreation Center, a place where family traditions begin.

#### **HRD Mission Statement**

The Highlands Recreation District is dedicated to consistently and cost effectively providing the broadest possible beneficial, safe and affordable programs and services to the Highlands Community.

#### Americans with Disabilities Act

Meeting Your Needs.

It's the Highlands Recreations Center's intent to make reasonable accommodations, when required, for all participants in activities. If assistance is needed, please call 341-4251 and ask for the program supervisor in charge of the activity you're interested in.

#### **Office Staff**

General Manager Recreation Supervisor School-Age Director Aquatics Supervisor Early Education Director Bookkeeper Maintenance Office Staff Brigitte Shearer
Jeff Schwartz
Mike Koenig
Bryce Robertson
Rebecca Hitchcock
Naomi Kawakita
Steve Risso
Cynthia Fregoso
Marianne Junge

Michaela Johnson-Carroll

### Have your PARTY at the Highlands Recreation Center!

### Gym Social Room Multipurpose Room

For more information about pricing and availability, or to reserve your date, please call Jeff Schwartz at the Rec: (650) 341-4251.

All rentals include: Facility Capacity:
Tables, Chairs and Gym 132, Social Room 75,
rental supervisor. Multipurpose Room 75.

#### **Fall Dates to Remember**

August Fall Registration Begins HRD Board Meeting	8/6 8/14
September Labor Day - Office Closed, Pool Sun. Hours HRD Board Meeting Highlands RecSoccer Begins	9/3 9/11 9/22
October HRD Board Meeting Halloween Event Underwater Pumpkin Patch	10/9 10/26 10/28
November Veterans Day - Office Closed, Pool Sun Hours HRD Board Meeting Thanksgiving Break-Office Closed/Pool Closed Thanksgiving Break-Office Closed/Pool Closed December	
HRD Board Meeting Office Closes at 1pm Holiday Break-Office Closed Office Closes at 1pm	12/11 12/24 12/25 12/31

#### Se Habla Español

Note: Classes may be cancelled on legal holidays

Si ocupa asistencia en Español llamen a (650) 341-4251 por favor de hablar con Cynthia de Lunes a Viernes 9am a 12:30pm.

#### **Table of Contents**

### **Pool Memberships**

Our pool and fitness memberships can be paid monthly or annually. (If paying monthly, it is required that you sign up for ACH Automatic Payments.) To become a member there is an initial registration fee. As long as your membership remains current, you will never pay the registration fee again.

#### Monthly Fee:

<u>High</u>	<u>lands Res</u>	CSA 1 Res	Non-Res
Senior(62+)	\$15	\$20	\$25
1st Person	\$20	\$25	\$30
Add'l. Adults	\$8	\$11	\$15
Add'l. Children	\$3	\$3	\$5
Registration	\$200	\$250	\$300

#### Notes:

- 1. All pool memberships include fitness room membership.
- 2. All pool members receive a 10% discount on all aquatic class fees.
- 3. Child price is age 3-17. Children under 3 are free.
- 4. Pay for the year in full at time of registration and receive \$40 off the annual fee for a family membership (3 or more people over the age of 2) or \$20 off the annual fee for an individual or 2 person membership.

#### **Entrance Fees for Non-Members**

Residents: \$5 per person with proof of residency

(swimming or non-swimming)

Non-Highlands Residents: \$10 per person

(swimming or non-swimming)

**Guests of Member:** \$3 per person (member must be present during entire visit, 6 guests max per family

membership)

### Underwater Pumpkin Patch

Come pick out a pumpkin at our aquatic pumpkin patch! Entrance fee is \$6. Pumpkins will cost \$6-\$15 based on size. There will be fun seasonal games and races for children of all ages. Hot apple cider and other seasonal goodies will also be for sale. This is a great way to pick out your pumpkins for the holiday!

Sunday October 28th 2-4pm

#### **FALL POOL HOURS**

8/27/12-12/23/12

MWF	6:15-9:00am	Lap Swim
	11:00am-1:00pm	Rec/Lap Swim
	3:30-5:00pm	Rec Swim
	5:00-8:15pm	Lap Swim
TTh	3:30-5:00pm	Rec Swim
	5:00-8:15pm	Lap Swim
Sat/Sun	10:30am-1:00pm	Lap Swim
	1:00-5:00pm	Rec Swim
	5:00-6:00pm	Lap Swim
	*5:00-6:30pm	Sunday Lap Swim

\*schedule subject to change

#### <u>Pool Schedule Changes</u> Pool Closed:

10/29-11/2 Dome installation 11/22-11/23 Thanksgiving 12/24-1/1 Winter Holiday



#### **Hour Changes:**

9/3/12 Sunday Hours - Labor Day

Dates TBA HDAC swim meets

\*\*<u>Drill Warning:</u> Please be aware that during the year HRC will be performing unannounced emergency rescue drills at the pool. We ask for your cooperation during these drills. These drills are an essential part of emergency preparation.

#### For Your Health

It is the Highlands Rec Pool Policy that all children the age of 3 AND under (recommended for children age 4) must wear a swim liner while in the pool. Reusable liners are available at the pool office for \$10. (ie: "Huggies Little Swimmers" and other products made for swimming are acceptable.)

#### **HRC Pool Volunteers**

Volunteering at the Highlands Rec pool is a great opportunity to earn Community Service hours. Duties will include: greeting/checking in patrons, working in the snack shack, assisting with patrons' needs, taking phone messages and other duties. Must be at least 13 years old. For more info, please call Bryce at 341-4251.



#### **Youth Swim Lessons**

All instructors are trained in American Red Cross Water Safety Instruction. Classes are 28 minutes long.



#### MW Classes (3-4 weeks)

FI	8/27-9/12	\$50/55 (No class 9/3)
FII	9/17-10/3	\$60/65
F III	10/8-10/24	\$60/65
FIV	11/5-11/21	\$60/65

F V 11/26-12/19 \$80/85 (4 week session)

#### **Class Times**

3:30pm	Levels I, II, III
4:00pm	Levels II, III, IV
4:30pm	Levels I, III, IV
5:00pm	Levels II, IV, V-VI

#### TTh Classes (3-4 weeks)

FΑ	8/28-9/13	\$60/65
FΒ	9/18-10/4	\$60/65
FC	10/9-10/25	\$60/65

F D 11/6-11/20 \$50/55 (No class 11/22) F E 11/27-12/20 \$80/85 (4 week session)

#### **Class Times**

5:00pm Levels I, II, III 5:30pm Levels I, III, IV 6:00pm Levels II, IV, V-VI

#### Friday Classes (3-4 weeks)

Fa	9/7-9/28	\$40/45
Fb	10/5-10/26	\$40/45

F c 11/9-11/30 \$30/35 (No Class 11/23) F d 12/7-12/21 \$30/35 (3 week session)

#### **Class Times**

3:30pm	Levels I, II, III
4:00pm	Levels II, III, IV
4:30pm	Levels I, III, IV
5:00pm	Levels II, IV, V-VI

#### Saturday Morning Classes (4 weeks)

F 1	9/8-9/29	\$40/45
F 2	10/6-10/27	\$40/45

F 3 11/3-12/1 \$40/45 (No Class 11/24) F 4 12/8-12/22 \$30/35 (3 week session)

#### **Class Times**

10:30am	Levels II, V-VI
11:00am	Levels I, III, IV
11:30am	Levels II, III, IV
12:00pm	Levels I, III, V-VI
12:30pm	Levels I, II, IV

#### Parents can workout too!

During the time your child(ren) is(are) in the water having a swim lesson(s), you're welcome to take advantage of our Fitness Center. (FREE for individuals ages 15 & up.)

#### Saturday Afternoon Class (4 weeks)

F 1a	9/8-9/29	\$40/45
F 2a	10/6-10/27	\$40/45

F 3a 11/3-12/1 \$40/45 (No Class 11/24) F 4a 12/8-12/22 \$30/35 (3 week session)

#### **Class Times**

5:00pm Levels I, II, III 5:30pm Levels III, IV, V-VI

#### **Sunday Morning Classes** (4 weeks)

F1s	9/9-9/30	\$40/45
F 2s	10/7-10/28	\$40/45

F 3s 11/4-12/2 \$40/45 (No Class 11/25) F 4s 12/9-12/23 \$30/35 (3 week session)

#### **Class Times**

10:30am	Levels II, V-VI
11:00am	Levels I, III, IV
11:30am	Levels II, III, IV
12:00pm	Levels I, III, V-VI
12:30pm	Levels I, II, IV

#### **Sunday Afternoon Classes** (4 weeks)

F 1b	9/9-9/30	\$40/45
F 2b	10/7-10/28	\$40/45

F 1b 11/4-12/2 \$40/45 (No Class 11/25) F 2b 12/9-12/23 \$30/35 (3 week session)

#### **Class Times**

5:00pm Levels I, II, III 5:30pm Levels III, IV, V-VI 6:00pm Levels I, II, IV

### Kids!

#### **Private Lessons**



Have you always wanted to learn how to swim, or just improve your skills? Don't think you have the time? Private lessons provide the perfect opportunity to reach your goals. Classes are tailored to meet the student's needs. Highlands Swim School is scheduling Private (1 student/1 instructor) and Semi-Private (2 students/1 instructor) lessons. Lesson times are set to meet the needs of the student. Fee is for one single 28 min lesson. Call Private Lesson Coordinator at (650) 341-4251 to schedule. Payment for lesson must be made prior to lesson.

**Private:** \$30/31

**Semi-Private:** \$24/25 (per child)

Private Diving Lessons with Kelly Winterbottom

or Megan Parker \$40 for a 28 min lesson. \*Failure to attend a semi or private lesson without 24 hour notice will result in being charged for the missed lesson\*

#### **Youth Swim Lessons Descriptions**

**Level I** (minimum age 3): Students focus on developing independence, confidence and basic safety skills. Students are supported and assisted by the instructor in all skills.

**Skills include:** bobbing, floating, retrieving objects, water entry & exit, pool safety, and moving through the water.

**Level II:** Swimmers learn to coordinate arm and leg actions and swim independently on both front and back, building on level I skills to increase confidence, independence, and water safety skills.

**Skills include:** unassisted floats, glides, big arms, elementary backstroke.

**Prerequisite skills:** completely submerge under water unassisted, able to perform assisted skills with face in water.

**Level III:** Swimmers learn breathing techniques for freestyle and breaststroke, and work to improve technique and endurance in all strokes. Level includes deep water safety skills.

**Skills include:** side breathing, treading, coordinating breaststroke and backstroke, intro to dolphin kick, basic diving.

**Prerequisite skills:** swim 10 yards unassisted with coordinated arm and leg action with big arms and elementary backstroke.

<u>Level IV</u>: Swimmers develop competitive stroke techniques, continue working on endurance, and learn intermediate safety skills.

**Skills include:** butterfly, sidestroke, open turns, racing dives.

**Prerequisite skills:** 15 yards freestyle with side breathing and elementary backstroke, 10 yards breaststroke and backstroke.

**Level V-VI:** This is a combined advanced level which prepares swimmer for swim team and other aquatic sports by continuing to improve competitive stroke techniques, endurance, and advanced safety skills.

**Skills include:** flip turns, individual medley, surface dives, rescue skills.

**Prerequisite skills:** 25 yards freestyle and elementary backstroke, 15 yards breaststroke and backstroke.





The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations.

Wednesdays 10/3-11/14 6-9pm \*No Class: 10/31

After attending your 6 CERT training classes you are required to attend a disaster simulation day to receive your certification.

Disaster Simulation Day: Sunday 11/18 9am-4pm **Location:** Cal Fire Station 17, 320 Paul Scannell Dr., San Mateo. Ca 94402

#### **Water Workout**

Come join us in our heated swimming pool. Have fun and exercise at your own pace. Our program is designed to improve your cardiovascular fitness, flexibility, coordination, balance, and helps increase strength and endurance. All fitness levels are welcome. No swimming skills are necessary. This program is suited for adults of all ages. No Class: 9/3, 10/29-11/2, 11/23, 12/24-1/1.

M/F On-Going 11:05am-12pm \$64/69month

#### **Aqua Track**

This deep water exercise program will improve your fitness and reduce stress. While wearing a flotation belt you will exercise vertically in deep water. Join this no impact and gentle resistance workout program that is perfect for arthritis or rehabilitation from injury. Adults of all ages. **No Class: 9/3, 10/29-11/2, 11/23, 12/24-1/1** 

M/W/F On-Going 8-9am

**Punch Card Fees for Aqua Track** 

Drop-in Fee: \$10, 5 Use Card: \$40 10 Use Card: \$70, 20 Use Card: \$120

## Arthritis Foundation Aquatic Program

Come join us in a recreational Arthritis Foundation Aquatic program conducted in our heated swimming pool. This program provides a fun, social atmosphere where participants are led through a series of specially designed exercises geared toward reducing pain and stiffness associated with Arthritis. The warm water and gentle movements help increase joint flexibility and range of motion while restoring and maintaining muscular strength. The Arthritis Foundation Aquatic program is suitable for all fitness levels and does not require the ability to swim. Adults of all ages welcome. Classes are taught by a certified Arthritis Foundation instructor. **No Class:** 10/31, 12/26.

W On-Going 11:05am-12pm \$36/41month

#### **Pool Parties and Rentals**

Come out and celebrate at the Highlands pool! Great for birthday parties, sports teams and any other special occasion! Also ask about our pool party game coordinator and themed party packages! Call Bryce for more information.



### Highlands Dolphins Aquatic Club

The Highlands Dolphins Aquatic Club (HDAC) is a positive energetic swim program designed to help participants achieve their personal best. Regular practices contribute to life long fitness skills. Annually, all swimmers must register with USA Swimming. All swimmers have the opportunity to compete regularly in local dual meets during the summer and in USA Swimming meets year round. Swimmers are encouraged to continue with swim lessons to receive hands-on instruction. For try outs please contact Coach Zach Wolfe at swimmingwolfe@yahoo.com \*Fall hours are effective 8/27/12\*



#### **Red Group**

Pre-requisite: Ability to swim 25 yards (one length of the pool) freestyle, backstroke, and breaststroke and some knowledge of butterfly

MW 5:00-5:30pm \$63/68 TTh 5:00-5:30pm \$63/68 Part of what makes a successful swim team is the active participation of the parents as well as the swimmers. All Swim Team parents will be expected to volunteer at meets and fundraising events. The Swim Team Boosters meet once a month and attendance is encouraged.

#### **White Group**

Pre-requisite: Ability to swim 50 yards (two lengths of the pool) of freestyle, backstroke, and breaststroke, and 25 yards of butterfly.

MW 5:30-6:15pm \$73/78 TTh 5:30-6:15pm \$73/78

#### **Blue Group**

Pre-requisite: Ability to swim 100 yards (four lengths of the pool) of freestyle 50 yards backstroke and breast stroke and 25 yards of butterfly.

MW 6:15-7:00pm \$73/78 TTh 6:15-7:00pm \$73/78

#### **Bronze Group (Pre-Competitive)**

This group is for swimmers interested in improving their swimming ability, both fitness level and form. Swimmers must be comfortable swimming 100 yards (4 lengths of the pool) of freestyle, backstroke and breaststroke and 50 yards butterfly. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th 7:00-8:00pm \$89/94

#### Silver Group

This group is for swimmers who love the water and are able to swim 200 yards freestyle, Backstroke and breaststroke and 50 yards of butterfly. This group works on improving form, endurance, speed and fitness. Swimmers are encouraged to participate in summer dual meets and may participate in USA meets year round.

M-Th 7:00-8:15pm \$98/103

Join the Highlands Dolphins Aquatics Club yahoo group to receive info. To join, email Bryce: brycer@highlandsrec.ca.gov

#### Late Fees

All monthly fees must be paid by the 5th business day of each month. All monthly fees paid after the 5th business day of each month will be subject to a \$15 late fee per child per class.

#### **Lifeguard Training**

This comprehensive training program is for the individual who wishes to become a lifeguard at a pool. This will certify the passing student in CPR for the Professional Rescuer, First Aid and Lifeguard Training. Students must be 15 years old or older (proof of age must be shown at the 1st meeting) and pass a water skills test to be admitted into the class. Bring class material, swim suit, towel and comfortable clothing. **MUST ATTEND ALL CLASSES PER SESSION!** 

Sa/Su 9/15,9/16,9/22,9/23 8am-5pm \$215/220 Sa/Su 1/5,1/6,1/12,1/13 8am-5pm \$215/220

#### **Spring Board Diving**

The goal of the diving program is to introduce children to the skills of diving as a sport and educate them in a correct and safe manner. Students will learn the hurdle, basic dives such as the swan and jacknife and proper hand position for entry into the water. The classes include games and fun activities that teach safety and skill development. Pre-requisites: 8 years of age. Must have the ability to pass the swim test and perform a standing dive off the diving board. Private lessons and Birthday parties can be arranged. **No Class: 11/21.**Max 8 students.

W	9/5-9/26	5:00-5:45pm	\$58/63
W	10/3-10/24	5:00-5:45pm	\$58/63
W	11/7-12/19	4:00-4:45pm	\$87/92

## Early Education Center serving Infants through Pre-Kindergarten

Full Time Quality Care. Monday-Friday, 7:30am-6pm.

#### **Our New Center is Home to Three Classrooms:**

Monkeys for children ages 3-24 months Chameleons for children ages 2-3.5 years Tigers for children ages 3.5-5 years

#### **Our Play Based Center Features:**

- Age appropriate toys to promote cognitive, social, emotional, and physical development
- Developmentally appropriate curriculum to encourage future academic success
- Enthusiastic, experienced and nurturing teachers to provide emotional comfort and positive support to guide your young one through the important and delicate stages of life

Our year round center is open M-F, 7:30am-6pm. Tuition is due monthly. An annual non-refundable deposit of \$105 is due at registration.

#### **Monkeys**

(3-24months)

M-F \$1550/1555 MWF \$1200/1205 TTh \$800/805

#### **Chameleons/Tigers**

(2-5 yrs.)

M-F \$1375/1380 MWF \$1025/1030 TTh \$800/805

### For Your Calendar...

#### **EEC Closed:**

Staff Training: 8/27-28 Labor Day: 9/3 Veteran's Day: 11/12 Thanksgiving: 11/22,11/23 Christmas Day: 12/25 New Year's Day: 1/1





## Toucans 1/2 Day Pre-School Program

Our T/W/Th, 8:15am-12:15pm program in the social room is for (potty-trained) children ages 2.5-5. This class offers a supportive and gentle transition to classroom socialization. Student/Teacher ratio is 8 to 1 or better. Call now to register. Monthly tuition is only: \$650/655.

Class begins September 4th.

Please contact Rebecca Hitchcock, Early Education Director with any questions: rebeccah@highlandsrec.ca.gov



# After School Program 2012-2013 M-F until 6pm

XXX

The After School Program is open to Elementary School students in grades K-5. The ASP schedule adjusts to the dismissal schedules of all grades at Highlands Elementary and is open on most Highlands School Staff Development days. The ASP program provides a safe and happy environment for children to enhance their physical and social development. Our licensed program and trained staff strive to provide 'teachable moments' to practice the lifeskills necessary for children to be confident and happy citizens of our community. There's quiet time for homework, a creative art project or a rousing game of dodgeball awaiting your child at the ASP. Rec swim is offered Tuesdays and Thursdays from 3:30-5pm at no additional charge. We also provide a healthy snack each day. Your child can easily participate in a wide array of classes and programs offered through the Rec. Many such classes are available at a discount to ASP kids. **ASP Head Teacher: Brenda Tam** 

#### ASP 2012-2013 Fees

All Drop Ins for Kinder: \$60/65

1st-5th: \$55/60

#### Sept/Oct/Nov/Jan/FebMar/May:

	<u> 5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u> 2 Days</u>	<u> 1 Day</u>
Kinder	\$579/584	\$534/539	\$432/437	\$372/377	\$217/222
1st - 5th	\$431/436	\$392/397	\$306/311	\$260/265	\$148/153

Dec (3-20):

	<u>5 Days</u>	<u>4 Days</u>	<u>3 Days</u>	<u>z bays</u>	<u>1 Day</u>
Kinder	\$406/411	\$352/357	\$283/288	\$244/249	\$120/125
1st - 5th	\$308/313	\$256/261	\$201/206	\$170/175	\$100/105

Apr (8-30):

	<u>s bays</u>	<del>T Days</del>	<u>s Days</u>	<u>z Days</u>	<u>i Day</u>
Kinder	\$493/498	\$427/432	\$344/349	\$296/301	\$146/151
1st - 5th	\$367/372	\$311/316	\$244/249	\$207/212	\$120/125

1 Dave

3 Dave

Jun (3-12)/ Last Day of ASP Wed 6/12:

5 Days

	5 Days	4 Days	3 Days	2 Days	<u> 1 Day</u>
Kinder	\$232/237	\$202/207	\$162/167	\$140/145	\$100/105
1st - 5th	\$175/180	\$147/152	\$115/120	\$98/103	\$80/85

\*ASP emergency packets available online @ www. highlandsrec.ca.gov

\*After School care for Kindergartners is from 12pm-6pm.

#### ASP & In Crowd 2012-2013

#### **ASP/In Crowd**

\$75 Non-Refundable Supply fee (per child) required now to hold a spot

#### 2012-2013 After School Care is filling up!

Enroll now for ASP and In-Crowd 2012-2013 school year. Contact the office today for information and registration.

#### **Sibling Discount / Supply Fees**

Supply Fee: Annual ASP supply fee of \$75/child

**School Year:** \$10 per month second child discount for siblings enrolled in any of the following programs: ASP, In Crowd & EEC.

Camps: \$5 per session second child discount for siblings

enrolled in any of the of our camp programs.

#### Child Care Late Fees

All monthly fees must be paid by the <u>5th</u> <u>business day of each month.</u> All monthly fees paid after the 5th business day of each month will be subject to a <u>\$15 late fee</u> per child per month. <u>Late pick up charge:</u> <u>\$10 per every 5 minutes past 6pm.</u>





#### For Your Calendar...

#### ASP/IN CROWD CLOSED:

Labor Day: 9/3
Veteran's Day: 11/12
Thanksgiving Break: 11/22, 11/23
Winter Break:12/21-1/4
Martin Luther King Jr. Day: 1/21
President's Day: 2/18
Spring Break: 3/29-4/5
Memorial Day: 5/27

ASP/IN CROWD OPEN ALL DAY on staff development days: 10/29/12, 1/22/13, 2/15/13 Full Day Drop In available: \$65/70 (7:30am-6pm) ASP/IN CROWD: Free.

1st Day of ASP/In Crowd: 8/29/12 Last Day of ASP/In Crowd: 6/12/13

### "In Crowd" M-F, 3-6pm

Are you looking for a quality well organized program for your middle school student? Look no further, because Highlands Rec Center prides itself on providing quality activities for students in 6th, 7th and 8th grade at the CSUMC at 2145 Bunker Hill Dr. Our enthusiastic Head Teacher will provide safe supervision while encouraging age appropriate independence. A healthy afternoon snack is provided each day along with a quiet hour for homework, special activities, games and more. All minimum days accomodated. We transport children from Abbott Middle School to the In Crowd and escort children who attend Borel Middle School from the bus stop across the street from The Church. Call Mike at 341-4251 to register or for more details. In Crowd Head Teacher: Amanda Armstrong

#### In Crowd 2012-2013 Fees

Sept/Oct/Nov/Jan/Mar/May:

<u>5 Days</u>	4 Days	3 Days	2 Days	<u> 1 Day</u>
\$431/436	\$392/397	\$306/311	\$260/265	\$148/153

Dec (3-20):

<u>5 Days</u>	4 Days	3 Days	2 Days	<u> 1 Day</u>
\$308/313	\$256/261	\$201/206	\$170/175	\$100/105

Apr (8-30):

<u>5 Days</u>	<u> 4 Days</u>	<u>3 Days</u>	2 Days	<u>1 Day</u>
\$367/372	\$311/316	\$244/249	\$207/212	\$120/125

Jun (1-13)/ Last Day of ASP Wed 6/13:

<u>5 Days</u>	4 Days	3 Days	2 Days	<u> 1 Day</u>
\$175/180	\$147/152	\$115/120	\$98/103	\$80/85

All Drop-Ins for In Crowd: \$55/60

In Crowd emergency packets available online @ www.highlandsrec.ca.gov





### Winter Camp 2012

K-8th Grade

<u>F</u> 12/21 <u>Wk 1</u>: 12/24-28 <u>Wk 2</u>: 12/31-1/4 Hours: 7:30am-6pm

Our Seasonal Camps Program offers an atmosphere for happiness, laughter, friendship and tradition. We provide a morning and afternoon snack. Our camp will be filled with engaging activities to keep your child challenged and entertained all day long. Come and join this festive and energetic camp during your winter break from school.

#### Theme Days

Friday	12/21	Wacky Wonderland
Monday	12/24	Creative Campers
Tuesday	12/25	Closed (Christmas Day)
Wednesday	12/26	Sports All-Stars
Thursday	12/27	Field Trip - Pump It Up
Friday	12/28	Winter Paradise
Monday	12/31	New Year's Party
Tuesday	1/1	Closed (New Year's Day)
Wednesday	1/2	Aqua Adventure
Thursday	1/3	Field Trip - San Mateo
		Movie Theater
Friday	1/4	Craft Stars
*Subject to change*		

#### **Camp Res/Non Res Fee:**

Daily Fee	\$65/70
Field Trip Only Day Rate	\$75/80
Weekly Rate	\$240/245

Sign up for 8 or more days of Winter Camp and receive \$40 off a week of Spring Camp 2013

## Spring Camp 2013 K-8th Grade

Mar. 29-Apr. 5 Hours: 7:30am-6pm

Parents, yeah, we're talking to you! Have you enrolled your children in Spring Camp yet? Send them to The Rec. for a week of WOW! Our Spring Camp will be filled with engaging activities and a memorable field trip to keep your child entertained all week long.

#### **Camp Res/Non Res Fee:**

Daily Fee	\$65/70
Field Trip Only Day Rate	\$75/80
Weekly Rate	\$260/265

### **Highlands Rec Soccer**

A Non-Competitive Soccer League Boys and Girls Ages: 4-6 Pee-Wee and 6-8 Juniors

Join our non-competitive Soccer League for Boys & Girls, ages 4-6 & 6-8. Rec Soccer is an instructional league for youth and is a volunteer parent coached program. Rec Soccer



will teach the basics of the game in a recreational environment. This league will consist of warm-up, drills and games. Each team will consist of 10 players max! Fee includes: equipment and t-shirts. There will be two levels of play, a 4-6 year old Pee-Wee league and a 6-8 year old Junior league. Age groups will play at different times as listed below.

#### **League Format**

Games are held at the Highlands Elementary School grass field (off 280 - Bunker Hill exit).

- 1/2 hr of skills & drills.
- 1/2 hour of scrimmage play
- NO SCORE is ever kept.
- All children will receive equal playing time.
- NOW a 7 week league, 10 teams max!

#### **Parent Coaches Needed**

Rec Soccer needs volunteer coaches to instruct and encourage players on how to play the game of soccer. NO SOCCER OR COACHING EXPERIENCE NECESSARY! Come coach your child in this fun non-competitive league. 2 coaches minimum per team! Parent coaches' meeting will be held: Monday 9/17 in the Highlands Recreation Center Social Room at 6pm.

#### **Game Dates and Times**

Season Fee: \$70/75

**Saturday** 9/22-11/3

Juniors 9-10am Pee-Wee 9-11am

High. Elem High. Elem

\*Sign-ups begin: 7/2/2011\*

#### Computer Game Design, Begininning

Beginning Game Developers work in pairs to conceive, design and build their own original computer game from scratch. Everything created for their game is original to the team—the characters, the action, the background, the music and the format. Participants learn the fundamental game elements and build a single platform game that can be shared with friends on-line. Every team completes a game by the end of the program. Their games will be posted on the www. freshimedia.com website and/or can be downloaded on a personal thumb drive on the last day of the program.

No equipment required. No class: 10/29, 11/12. Ages: 8-14 years old

Location: Highlands Recreation Center Gym

**Instructor**: Freshi Media Staff

M 9/17-11/19 3:30-5pm \$115/120

## Filmmaking from Script to Premiere

This class begins with a completed script, allowing the participants to immediately get into the substance of a project. The participants form small production groups of 6 to 8 filmmakers per group. From a book of scripts, the group decides on the genre of film they want to produce: comedy, drama, sci-fi, action adventure or horror. The group begins with creating the storyboards for their film. Using basic video cameras and editing software, they produce the film, integrating simple special effects, sound effects and a musical score that is specific to the theme of their film. Students learn camera angles, film etiquette and vocabulary, as well as how to use digital film tools. These learned skills should translate outside of the class to their home video camera and computer so they can continue with their digital storytelling after the class is over. Students may bring costumes and props from home to enhance the production value of their film but this is not required. The final class will premiere their movie for the benefit of family and friends - a fun and interactive way to wrap a film production! The final film is posted on the Freshi website at www.freshimedia.com and/or can be downloaded on a personal thumb drive by the participants. No equipment required.

Ages: 8-14 years old

Location: Highlands Recreation Center Gym

Instructor: Freshi Media Staff

h 9/27-11/15 3:30-5pm \$115/120

#### **Mandarin Language Program**

This is one of the Rec's most popular classes! Jian Zhu will focus on language acquisition through language immersion and cultural activities. No previous Mandarin experience is necessary. No class: 10/29, 11/19, 11/20, 11/21, 11/22.

Ages: K-5th Grades

Location: Highlands Elementary School Room 26

Instructor: Jian Zhu

M\*

& W\*

Kinder T/Th\* 9/11-12/6 \$420/425 1-2 pm 1st Grade M 9/10-12/12 2:25-3:25 pm \$420/425 & W\* 12:30-1:30 pm 2nd/3rd Grades T/Th 9/11-12/6 2:25-3:25 pm \$420/425 3rd/4th Grades 9/11-12/6 3:25-4:25 pm \$420/425 T/Th\* 5th Grade

3:25-4:25 pm

1:30-2:30 pm

\$420/425

9/10-12/12

## Pre-Engineering w/ LEGO®

Have your child become a Play-Well Engineer! Students will build cities, bridges, and motorized cars/planes and explore the many creative possibilities of engineering with the LEGO® system. With access to over 100,000 pieces of LEGO, your child will have the opportunity to build what they have only dreamed of. An experienced Play-Well Engineering instructor will guide and support your child's creativity.

Ages: 5-8 years old

**Location**: Highlands Recreation Center Gym **Instructor**: Play-Well TEKnologies Staff

Tu 9/18-11/20 4-5:30pm \$250/255

#### Highlands Rec Basketball \* Hoopsters \*

Highlands Hoopsters is right around the corner. This coed instructional basketball league is scheduled to run 6 weeks from January 26th - March 9th. HRC provided coaches will be assigned to each team this season. Three divisions will include: K-1st grades, 2nd-3rd grades, and 4th-5th grades. **Sign ups begin November 1st, 2012**. **No Games: 2/16.** 

Sat 1/26-3/9 9:15am-12:15pm

pm \$60/65 Gym

Tu 9/18-11/6

3:30-4:30pm

\$225/230

#### **Soccer & Smiles**

Classes held in the MPR refer to the Multi-Purpose Room. This facility is located in our new building.

Let your child's first soccer experience be a great one! Designed specifically for children ages 2.5 - 5, Soccer and Smiles strives to teach the fundamentals of soccer in a fun, positive, non-competitive and safe environment while promoting a love of the world's most popular team sport! Children come away from our classes with self-confidence and a smile! Our program enhances gross motor skills, encourages regular exercise and promotes a healthy lifestyle. **No Class: 11/12.** 

Ages: 2.5-5 years old

**Location**: Highlands Recreation Center Gym

**Instructor**: Soccer and Smiles Staff

M 9/17-10/22 12:30-1pm \$60/65 M 11/5-12/17 12:30-1pm \$60/65

#### **Kinder Chefs**

This fun class will teach our budding chefs to utilize culinary terminology, age appropriate culinary skills, basic kitchen safety skills and manners, to make yummy and nutritious recipes while refining gross and fine motor skills. They'll learn to create fruit salad with homemade dressing, blueberry pancakes from scratch, banana bread, strawberry mousses, ceasar salad, lettuce wraps, chocolate chip cookies from scratch and more.

\$25 material fee paid to instructor.

Ages: 4-6 years old

**Location**: Highlands Recreation Center MPR

Instructor: Les Petit Chefs Staff

Tu 9/18-11/6 2:00-3:00pm \$225/230

#### **Growing Gourmettes**

This course is designed to accommodate our aspiring chefs. Our class entails age appropriate culinary skills, kitchen terminology, kitchen safety, nutrition, manners, etiquette and cooking techniques to develop a knowledge of healthy foods. Our chefs will have fun while cooking and developing recipes, acquiring new skills, learning to work together and encouraging classmates during the excitement of preparing delicious, nutrient rich foods with lots of smiles and inspiration. \$25 material fee paid to instructor.

Ages: 6-12 years old

**Location**: Highlands Recreation Center MPR

Instructor: Les Petit Chefs Staff

<sup>\*</sup> The HRC Staff will provide child care from classroom release until Mandarin class. The fee's will cover the Fall session: Kinder-\$30, 1st Grade-\$15, 3rd/4th Grades-\$30, 5th Grade-\$30. If interested, sign up for extended care at the time of registration.

#### Tap and Ballet for Tots

This class is for your little dancer and their adult helper. Helpers are expected to participate during the entire class. We will have fun while building skills in large motor development, following directions and basic tap and ballet technique. This class is perfect for a shy toddler and/or preschooler. You may sign up more than one child/adult. Everyone should wear clothes they can dance in, and tap/ballet shoes are allowed but not required. **No Class: 10/15.** 

Ages: 2-4 years old

**Location**: Highlands Recreation Center Gym

**Instructor**: Amy Floro

M 9/10-11/5 10:00-10:45am \$80/85

#### Beginning Tap and Ballet

This class is for your young dancer with some dance experience. Children ages 6-7 with no dance experience are also welcome to join this class. We will work on basic tap skills and ballet technique all while having fun. Please have your dancer wear clothes they can dance in and tap shoes are required while ballet shoes are highly recommended. Friends and family are welcome to watch. **No Class: 10/17.** 

Ages: 6-7 years old

**Location**: Highlands Recreation Center Gym

**Instructor**: Amy Floro

W 9/12-11/14 1:30-2:30pm \$80/85

## Beginning and Intermediate Guitar

Learn how to play the guitar by focusing on technique and ear training. This class will de-mystify the sometimes overwhelming and confusing technical information. The approach and method is beginner-friendly and aims to make each lesson a productive and enjoyable experience. Teacher Robert 'Bo' Razon is a multi-instrumentalist, arranger, composer and teacher, who for nearly three decades has been studying, researching, teaching and performing within the musical genres of Blues, Rock, Jazz, Latin and World. Sign up for your 30 minute class today.

No Class: 10/29, 11/12, 11/20, 11/22.

Ages: 6 years old and over

**Location**: Highlands Recreation Center MPR

Instructor: Robert Razon

M 9/17-12/3 3:45-6:45pm \$200/205 T 9/18-11/27 3:45-6:45pm \$200/205 Th 9/20-11/29 3:45-6:45pm \$200/205

### Youth Tennis Lessons Pre-Tennis

This is an introductory tennis class for students ages 3-6 years old that teaches balanced movement, footwork skills and eye-hand coordination. **No Class:** 10/29, 11/12, 11/21.

M/W 9/10-10/10 3:30-4pm \$80/85 Ct. 1 M/W 10/15-11/26 3:30-4pm \$80/85 Ct. 1

#### **Youth Tennis I**

This class is for youth with little experience or instruction. They will be instructed in the basic fundamentals of proper grip, forehand, backhand, serve and volley. Although flexible, Tennis I students typically range in age from 6-10 years old. **No Class: 10/29, 11/12, 11/21.** 

M/W 9/10-10/10 4:00-5:00pm \$120/125 Ct. 1 M/W 10/15-11/26 4:00-5:00pm \$120/125 Ct. 1

#### **Youth Tennis II**

This class improves upon what was learned in Youth Tennis I and introduces tennis strategy to the students. Tennis II students typically range in age from 8-13 years. **No Class: 10/29, 11/12, 11/21.** 

M/W 9/10-10/10 5:00-6:00pm \$120/125 Ct. 1 M/W 10/15-11/26 5:00-6:00pm \$120/125 Ct. 1

#### Saturday & Sunday Youth Tennis

Tennis lessons on the weekends! Tennis classes will be held for all levels: Pre-Tennis, Youth Tennis I and Youth Tennis II. Class descriptions and ages listed above. **No Class: 11/10, 11/11.** 

#### <u>Saturday</u>

Pre A	9/8-10/6	1:30-2pm	\$40/45	Ct. 1
Pre B	10/13-11/17	1:30-2pm	\$40/45	Ct. 1
YIA	9/8-10/6	2-3pm	\$60/65	Ct. 1
YIB	10/13-11/17	2-3pm	\$60/65	Ct. 1
YIIA	9/8-10/6	3-4pm	\$60/65	Ct. 1
YIIB	10/13-11/17	3-4pm	\$60/65	Ct. 1

#### <u>Sunday</u>

Pre A	9/9-10/7	1:30-2pm	\$40/45	Ct. 1
Pre B	10/14-11/18	1:30-2pm	\$40/45	Ct. 1
YIA	9/9-10/7	2-3pm	\$60/65	Ct. 1
YIB	10/14-11/18	2-3pm	\$60/65	Ct. 1
YIIA	9/9-10/7	3-4pm	\$60/65	Ct. 1
YIIB	10/14-11/18	3-4pm	\$60/65	Ct. 1

If you have any ideas for Youth or Adult classes that you would like to see at the Highlands Recreation Center, please contact Recreation Supervisor Jeff Schwartz by email: jeffs@highlandsrec.ca.gov

#### **Pre-K Drawing**

Encourage your preschooler's enthusiasm for drawing. Young Rembrandts introduces drawing lessons that will excite your budding artist. Learning to draw basic shapes is an essential building block for every artist. Our lady bug and gumball machine provide excellent practice for drawing circle shapes. From there, our lessons will become more challenging. The clown puppet and Frankenstein monster are great introductions to character drawings. Other drawings like the delicious candy bag and beautiful fall scene will strengthen your child's compositional skills. Enroll your child into a Young Rembrandts class today.

THEY WILL LOVE IT! No class: 11/23.

Ages: 3.5-5 years old

**Location**: Highlands Recreation Center MPR

Instructor: Young Rembrandts Staff

F 9/21-10/26 2:00-3:00pm \$100/105 F 11/2-12/14 2:00-3:00pm \$100/105

#### **Children's Drawing**

Enroll your elementary student in a Young Rembrandts drawing class. Our bountiful selection of drawings introduces our students to a fascinating world of color, pattern, and design. Keeping with the season, our students will create fall-themed illustrations like taffy apples and a farmer's scarecrow. Fundamental cartoon skills will be highlighted as we draw delightful bunnies. We will also create a Van Gogh-inspired drawing featuring vibrant sunflowers. All this and more await your child in a Young Rembrandts classroom! **No class:** 11/23.

Ages: 5-12 years old

**Location**: Highlands Recreation Center MPR

**Instructor**: Young Rembrandts Staff

F 9/21-10/26 3:30-4:30pm \$100/105 F 11/2-12/14 3:30-4:30pm \$100/105

## Parent and Child Intro to Ice Skating

This is a fun experience for parent and child to learn ice skating together. Classes will be geared towards the child's level. Cost includes **one parent and one child**, skate rental, ½ hour lesson and practice time immediately following lesson. Please be sure to arrive 15 minutes prior to the lesson to check-in and get skates on. Dress warmly and wear thick socks.

Ages: 3-4 years old

Location: 2202 Bridgepoint Parkway, S.M., 94404

Instructor: Ice Center Staff

W 9/12-10/17 10:30-11am \$70/75 W 10/24-11/28 10:30-11am \$70/75

#### Junior Jazzercise

Hey kids! Dance with your friends to the hottest music. Junior Jazzercise is a perfect program to get kids active and learn the importance of exercise and health. The program combines fun, easy —to-follow dance moves to popular music, fitness games, and an end of session performance. No dance experience is required. The non-competitive atmosphere is the perfect setting to introduce your child to fitness. Register early! Space is limited. **No Class: 11/22.** 

Ages: 5-12 years old

Location: Highlands Recreation Center Gym

**Instructor**: Sandy Basurto

Th 9/20-10/25 3:30-4:30pm \$60/65 Th 11/1-12/13 3:30-4:30pm \$60/65

#### **After School Hoops**

Join One on One Basketball for AFTER SCHOOL HOOPS® at Highlands Elementary. Throughout the Fall, skilled and experienced basketball instructors will conduct a 1 hour clinic each week for you and your friends. Learn, work hard, get better with ONE ON ONE!

Ages: 6-12 years old

Location: Highlands Elem. School Basketball Ct.

Instructor: After School Hoops Staff

W 9/19-11/20 12:05-1:05pm \$135/140

## Youth Intro to Ice Skating

During each six-week session, you will be introduced to basic ice skating skills, like forward and backward skating, stopping and turning! Each lesson provides 30 minutes of instruction and 30 minutes of practice time on the ice. **Practice time is from 5:45-6:15pm for all ages.** Please be sure to arrive 15 minutes prior to the lesson to check-in and get skates on. Dress warmly and wear thick socks. Skate rental included in class fee.

Ages: 5-14 years old

**Location**: 2202 Bridgepoint Parkway, S.M., 94404

Instructor: Ice Center Staff

Ages 5-7

M M	9/10-10/15 10/22-11/26	5:15-5:45pm 5:15-5:45pm	\$70/75 \$70/75
Ages 8	8-14		
M	9/10-10/15	6:15-6:45pm	\$70/75
M	10/22-11/26	6:15-6:45pm	\$70/75

#### **Kids Nite Out**

Take advantage of an evening out while your kids are having a fun filled night at the Rec. Pizza dinner and movie provided! Let them come play, relax and have fun in a safe and supervised environment. Preregistration required. No Drop-ins available due to staffing. \$5 sibling discount. K-5th Grade. 4 yrs allowed if sibling of ASP child only. Must be potty trained.

F	9/14	6-10pm	\$30 child	S.R.
F	10/12	6-10pm	\$30 child	S.R.
F	11/9	6-10pm	\$30 child	S.R.
F	12/14	6-10pm	\$30 child	S.R.

#### All that Jazz: Beginning Jazz

Get your jazz hands ready for this fun, high energy class! In this 9 week session, your child will learn the fundamentals of jazz dance from contemporary style to musical theatre. Kids will learn proper stretching, jazz dance technique and a dance routine that will be performed at the end of the 9 weeks. Parents, family and friends are invited to a final performance. Great class for beginners or kids with experience that just want to have fun!

Ages: 5-12 years old

**Location**: Highlands Elementary School LGI

Instructor: Beth Covey

T 10/23-12/18 3-4pm \$75/80

#### Youth Rock Climbing

This exciting program introduces kids to the sport of indoor rock climbing. We will challenge them both mentally and physically in a safe team environment. Please arrive 15 minutes early first class to fill out a liability waiver. Parents must bring photo ID for liability waiver verification. PG T-shirt included!

Ages: 5-12 years old

Location: 100 El Camino Real, Belmont, CA 94002

**Instructor**: Planet Granite Staff

F 10/12-11/9 4-6pm \$150/155



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"Get Your Fitness On" group training Wednesdays, 6:30pm at the Highlands Rec Center

Our goal is to "laugh, sweat and get ripped", only \$20 per class

One on One sessions available

### **Personalized Card Making**

Have you ever wanted to make your own cards and send them to a special friend or family member but just didn't know how? This course is designed to inspire creativity and imagination while discovering new tricks on how to make artistic cards. Each week will have an inspired theme and children will be able to add their own personal touch to their creations. Children will work with different mediums such as modge podge, water color paints, ink and much more! \$15 material fee paid to instructor.

Ages: 5-12 years old

Location: Highlands Recreation Center Gym

Instructor: Liz Morando

Th 11/29-12/6 3:30-4:30pm \$25/30 Th 12/13-12/20 3:30-4:30pm \$25/30

# Beginning and Intermediate Flute and Clarinet

Learn how to play the flute and clarinet by focusing on technique and musicality. This class will help beginners with a warm and welcoming atmosphere where each student has the opportunity to grow as a musician. The method is beginner friendly and focuses on learning the basics of the instrument, note names, rhythms and musical langauge. Musicians will have fun while learning about their own instrument and techniques they can use outside of the classroom. Miss Liz has been working with beginning musicians for over ten years and has had over seventeen years of performing experience. Students will need to provide their own instrument. \$20 material fee paid to instructor.

Ages: 5-12 years old

Location: Highlands Elementary School Room 21

Instructor: Liz Morando

T 9/18-10/23 3-4pm \$90/95

#### **Crafts of the Seasons**

With the season quickly changing, decorate your home with season and holiday inspired crafts. Children will discover new ideas and materials while creating crafts with their own personal touch. Each week children will create season inspired crafts such as back to school calendars, halloween lanterns, winter storybooks and much more! Children will work with friends in small groups and take home their newly created crafts. \$15 material fee paid to instructor.

Ages: 5-12 years old

Location: Highlands Recreation Center Gym

**Instructor**: Liz Morando

10/12-11/16 3:30-4:30pm \$60/65

#### **Horse Riding Lessons**

C'mon out and ride! 10-session program teaches English-seat riding and horsemanship skills such as safe handling, horse behavior and grooming at Glenoaks Stables. Limited class size for personal attention, new friendships and lots of fun. All children must have a parent sign a release form before the first session. For more information: (650) 854-4955 or glenoaksstables@gmail.com.

Ages: 6-14 years old

Location: Glenoaks Equestrian Center, 3639 Alpine

Rd, Portola Valley, 94028

Instructor: Glenoaks Equestrian Staff

Th 9/6–11/8 4-5pm \$400/405 Sun 9/9–11/11 11am-12pm \$400/405

#### Youth/Adult Kung Fu

Traditional Chinese martial art teaches physical fitness, Chinese culture, martial ethics, self defense, and develops the mind, body and spirit. Gary Suen is from the Jing Mo school and teaches from the original curriculum. Classes are beginning level and no previous martial arts experience is necessary. Please wear athletic clothing and shoes to class.

Note: Continuing students can stay from 8:30-9pm for Advanced lessons.

Ages: 10 years old and over

Location: Highlands Recreation Center Gym

Instructor: Gary Suen

Th 8/16-9/20 7:30-8:30pm \$60/65 Th 10/11-12/6 7:30-8:30pm \$60/65

#### **Pilates Mat Class**

Learn the fundamental of Pilates Mat exercise. Movements performed sitting or lying on a mat, emphasizing pelvic stabilization and abdominal strength. Improve posture, flexibility and range of motion. Class will leave you feeling more energized, with increased strength, flexibility and movement potential. Instructor is Pilates Mat and Reformer Certified. Class is open to all levels of experience and fitness level. Most Pilates exercises are performed with bare feet. Wear comfortable loose (not baggy) fitting clothing or stretch fabrics. For comfort and safety reasons, avoid jeans, buttons, zippers, belts, pockets, hooded shirts, long necklaces, long earrings. Bring a mat. **No Class: 9/3, 11/12.** 

Ages: 16 years old and over

Location: Highlands Recreation Center Gym

Instructor: Kathryn Phipps

M 8/13-10/8 6:30-7:30pm \$80/85 M 10/15-12/10 6:30-7:30pm \$80/85

#### **Holiday Skate Camp**

Skateboarding camps are a great place to get skateboarding lessons, challenge yourself to become a better skateboarder and learn new tricks. Skateboard camps are also great places to make new friends and build self-confidence. Enjoy this awesome sport with a focus on skateboarding safety, fundamentals, technique as well as balance and coordination offered by Society experienced skateboarding instructors. Each session will consist of skateboarding lessons, snack time, game time and playtime. \*Helmets are required and safety pads are strongly recommended. Parents must sign waiver form with registration.

Ages: 5-12 years old

Location: Generations Skate Park, 2811 San Carlos

Avenue, San Carlos, 94070 **Instructor**: Society Skate Staff

M-F 12/17-12/21 1-4pm \$165/170 M-F 12/26-12/28 1-4pm \$100/105

#### **Babysitter's Training**

Would you like a rewarding job this Fall? If so, enroll today and become a babysitter! You will learn fire and earthquake safety skills, nutrition, babycare, CPR and 1st Aid Skills. In order to get a certificate of completion you must ATTEND ALL CLASSES, BE ON TIME AND DO THE FUN HOMEWORK. Sign up today to start earning \$\$\$'s! \$8 lab fee paid to instructor. No

Class: 11/24.

Ages: 12-18 years old

**Location**: Highlands Recreation Center Social Room

Instructor: Muffie Calbreath

Sa 11/17-12/8 9am-12pm \$60/65



Tennis coaching has been one of the longest running and most popular programs at HRC. Find out why as Scott Perlstein and staff instruct students on how to work on stroke production, doubles strategy, and a whole lot more. This is an ongoing program.

**Level Day Time Loc.**Rank 4.0 Fri 12-2pm Ct. 1-3

#### **Private Tennis Lessons**

Available daily from Scott Perlstein Enterprises. For more information, rates and/or sign-ups call Scott at 343-7343.

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#### Heartsaver CPR Heartsaver First Aid

Designed for employee training at companies, corporations, businesses or other entities. For employees and/or designated first responders who have a duty to respond to a first aid emergency

because of job responsibilities or regulatory requirements. •Ideal for learners who prefer group interaction and feedback from an instructor while learning skills •Each student receives the highest quality course materials to supplement their learning •Student CD-ROM (included with student workbook) includes additional information on CPR and AED that students can reference after the course. CPR/First Aid Course completion card issued after class. **Must pre-register with HRC prior to class.** 

Ages: 18 years old and over

Location: 20 Tower Road, San Mateo, 94402

Instructor: Cal Fire Staff

**Heartsaver CPR** 

W 9/26 6-8pm Free

Heartsaver First Aid

W 10/24 6-9pm Free





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#### **Online Drivers Ed.**

This online Drivers Education Course is approved by the California Department of Motor Vehicles. Reading, flash graphics, videos, and quizzes will prepare the reader to pass the written DMV test. The course is very easy to use. You simply log into the web site, enroll, and then you can begin immediately! For more information about the course and to register, go to Economic Online Driving School at www.economicdrivingschool.com/online.

When registering make sure you complete the question that says, How did you hear about us by choosing Activity Guide. Then enter HRC code: 4251 Cost: \$68.50

#### **Dance and Exercise**

A Unique Approach to Fitness. Have Fun. To the Rhythm of Latin, Swing, and Broadway Music.

This low impact class is designed to exercise at your own pace to improve Cardiovascular Fitness, Flexibility, Coordination, Strength and Endurance. We will use light weights and resistance bands for strength training. All fitness levels welcome. Please bring a mat to class. **No Class: 11/12.** 

Ages: 18 years old and over

Location: Highlands Recreation Center MPR

Instructor: Sandra Burgess

M 8/6-8/20 \$36/41 1-2pm M 9/10-10/8 \$55/60 1-2pm M 10/15-11/19 \$55/60 1-2pm

#### Eichler Exteriors: Restoration or Renovation

If you are thinking of making small or larger changes to the outside of your Eichler, take this class! I cover original and updated paint colors with swatches to look at, where to put the paint (tough to figure out), window replacements, door hardware, lighting, house numbers, mailboxes, fencing, and landscaping. And any other questions or advice you need. When you finish the class, you will walk out with "the plan". If you can't make the class or are curious about the content, it is free and downloadable at www.highlandsrec.ca.gov. This class is typically one or two people and thus very individual to a person's needs.

Ages: 18 years old and over

**Location**: Highlands Recreation Center MPR

Instructor: Melissa Wilson

W 8/29 \$30/35 6:30-9pm W 10/24 \$30/35 6:30-9pm

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#### **Jazzercise**

Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! Come and join our awesome workout wear comfortable clothing, bring a water bottle, mat and hand weights are optional. First Month \$25 some restrictions may apply. Classes held in HRC Gym.

Tami McCanntamijazz@gmail.comCertified Jazzercise Instructor226-3484

Tues/Thurs - 6:15pm Sat. - 8 am Sun. 9 am Classes are ongoing, please register at class. www.jazzercise.com Call (800) FIT IS IT

#### **AARP Drivers Safety Class**

An interactive class for drivers 50 years of age and older in which participants will sharpen their driving skills and develop strategies for age related changes in vision, hearing, physical changes, fitness, and reaction time. Eight hours of class time is spent utilizing audiovisual presentation, lectures, and discussion to make you a safer driver when confronted by difficult driving road conditions. We will cover all new DMV rules of the road; refresh your memory of road signs, fines and penalty for violation; new safety features to consider when shopping for a new car; as well as possible alternatives to driving when it's no longer safe for you to operate a motor vehicle. A \$12 fee if you are an AARP member and \$14 if non-member is collected at first class and covers cost of your workbook.

Certificates of completion awarded to those successfully finishing the class which may entitle you to a discount on your auto insurance premiums.

Ages: 50 years old and over

**Location**: Highlands Recreation Center MPR

**Instructor**: Warren Wong

M, T 9/10, 9/11 12:30-4:30pm \$12/14



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### **Special Event Volunteers**

HRC needs volunteers to help out with special events. Volunteer work also helps fulfill school community service hours. For children and adults ages 11 and above. For more info, please email: Jeff Schwartz at jeffs@highlandsrec.ca.gov

## Beginning Digital Photography

In this fun, hands on introduction to digital photography. We will work to understand the camera's menus, modes, metering, the flash, white balance and work with light, color and composition to prepare us for portraiture, night shooting and printing activities in class. A one-hour private printing workshop will be held the weekend of October 27.

Ages: 17 and over

Location: Senior Center Conference Room, 2645

Alameda de las Pulgas, San Mateo, 94402

**Instructor**: Marty Springer

M 9/10-10/29 9:30am-12pm \$140/179

#### **Meditation Class**

Are you interested in learning how to quiet your mind and how to become more centered in your daily life? Centering Prayer is a simple method of meditation, traditionally called contemplative prayer in Christianity. Contemplative Prayer is the opening of mind and heart – our whole being – to God, the Ultimate Mystery, beyond thoughts, words and emotions. The practice can offer a way to the rest in divine, calm and clarity to these hectic and pressure of daily life. This introduction to Centering Prayer includes both instruction and practice in meditation techniques that foster contemplative prayer and practice in your everyday life. During each session there will be a period of meditation followed by group discussion and questions.

Ages: 16 and over

Location: 2145 Bunker Hill Dr. San Mateo, 94402

Instructor: Pastor Hee-Soon Kwon

 Su
 10/7-10/21
 7:00-8:30pm
 \$20/25

 Su
 11/4-11/18
 7:00-8:30pm
 \$20/25

#### **Highlands Book Club**

The HRC Book Club is open to anyone interested in sharing the love of reading We'll have exciting and in depth discussions about readings chosen by the group. New members always welcome to join! **Free.** 

1st Tuesday Monthly 10:15-11:15am MPF

## Cindy's Tutorial Service cindystutorial@yahoo.com 650-533-8913



Helping K-8th grade students succeed in the following areas:

LANGUAGE ARTS
 MATH
 SOCIAL STUDIES
 ORGANIZATION
 STUDY SKILLS
 TEST-TAKING SKILLS

Experience assisting kids with CAPD, LD, ADD and others Services available at the library or your home Professional, Clear Multiple Subject and Special Education Credentials (paid ad)

### Highlands ART SHOW and SALE

The Highlands Art Group will hold its 2nd annual show and sale at the Highlands Recreation Center on Saturday, October 20th from 11am-5pm. Come join us for Wonderful Art and refreshments.

Saturday Oct. 20th 1 1 am-5 pm

We would like to give a special thanks to Highlands Resident Ben Margolin for contributing the Back Cover pictures from the Halloween and Holiday Events.



Register Online by clicking this QR code with your smartphone.

#### **CLASS REGISTRATION**

#### REGISTRATION

- \* Register by mail, in person, by phone or online at highlandsrec.ca.gov
- \* To register online the first time, call us first at 341-4251 to obtain login and password.
- \* Walk in and phone registration is available M-F from 9am-5pm.
- \* Registration is complete and enrollment is ensured only when class fee is paid in full.

#### **PAYMENT**

- \* We accept payment in cash, check, VISA, MasterCard or Discover or, for ongoing monthly charges, by automatic bank withdrawals (ACH payments).
- \* A \$5 nonrefundable transaction fee is added to each registration. You may enroll in multiple classes in one registration
- \* Automatic bank account withdrawals only require a \$2 nonrefundable transaction fee.
- \* A \$20 service charge will be incurred on a returned check.
- \* A \$20 fee is charged for stop payment and re-issuance of a refund check.
- \* A \$15 late fee is charged per participant per class if monthly fee is not paid by the end of the **5th business day of the month.**
- \* To discontinue enrollment in a monthly program, please notify the Rec by the end of the **5th business day of the month**. Otherwise, a \$15 late fee will be charged.

#### **ENROLLMENT/ CHANGES/CANCELLATION**

- \* Classes are filled on a first come, first served basis. \*\* your enrollment is ensured only when class fee is paid in full\*\*
- \* In the event that enrollment does not meet minimum requirements, the HRC may cancel the class. The HRC will notify registrants and class fees will be refunded.
- \* Participants may transfer between classes, space permitting, prior to the 2nd class meeting.
- \* Participants may cancel enrollment prior to the 2nd class meeting and receive a prorated credit or refund of class fees. No credits or refunds are given after the 2nd class meeting.
- \* If waitlisted, registrants will be notified if space becomes available. We must receive a response by 10am the following business day or the space will be offered to others.
- \* Credits can be applied to any program at the Rec, and will avoid additional transaction fees.
- \* Credits must be used within one year of issue.

#### Fitness Memberships

**Highlands Residents Only** 

Fitness Memberships are free with a pool membership, however if you would like just a fitness membership, see the rates below. The Fitness Center has 16 pieces of Fitness equipment including dumbbells, a treadmill, two stair steppers, and other Hydra-Fitness equipment available for personal training use and Circuit Training Classes. Circuit Training can simultaneously burn body fat, increase cardiovascular (aerobic) fitness level and increase muscle strength and endurance.

#### **General Use Hours**

MWF 6am-7pm TTh 9am-7pm Sat/Sun 11am-5pm

F.C. Closed
M-F 3-6pm and 1st
Tuesday of the Month
10:00-11:15 am

Ages 15 and up!

#### **Membership Fees**

For Residents Only
One year membership
from date of purchase
Senior (62+) \$45
Single........\$70

Each Add'I....\$25

#### Circuit Training

M-F, 9-10am Non-Accredited Instr. No Class Fee

Fitness Members only

### Stay up to date with the Highlands Recreation District



Facebook: Highlands Rec twitter.com/highlandsrec twitter.com/hrcquatics



#### Welcome Highlands Parents!

The Highlands Parents Group is comprised of moms, dads, and their children from the neighborhoods that feed into Highlands Elementary school...including Laurelwood, Parrott Drive (and off of), Ascension (and off of), Timberlane/Fairmont (and off of), Crystal Springs Estates, and the Highlands neighborhood itself. While all the HPG families have Highlands School in common as either a future or alumni school for their kids or have kids currently enrolled, the HPG is separate from the school and has no official relationship. Our purpose is to keep families connected in an informal and casual way. We offer playgroup coordination, family events, classified and other postings, dialogues on school and community issues, and more. Contact us today at lin3@comcast. net and get connected. Thanks, Linda Siguenza.



PRSRT STD U.S. POSTAGE PAID SAN MATEO, CA PERMIT # 552

### HALLOWEEN

### FAMILY FUN NIGHT

## FRIDAY, OCTOBER 28TH \$5/PER PERSON

<ul> <li>Haunted House</li> </ul>	6:30pm
- Jump Houses	6:30pm

- Bingo with Prizes 6:45pm

- Arts & Crafts/Face Painting 6:45pm

- Costume Contest

Ages 0-3 7:00pm Ages 4-7 7:10pm Ages 8-12 7:20pm

Ages 13+ 7:30pm





\*HOLIDAY EVENT IS FRIDAY NIGHT (NO SATURDAY MORNING EVENT)

HOLIDAY EVERT\* & CAROLING NIGHT

# FRIDAY, DECEMBER 7TH 6:00PM \$2 PER PERSON

- Live Music in the Gym

6:00pm 6:30pm

- Highlands Childrens Chorus 6

- Santa Arrives by Fire Truck 7:00pm

- Join us in spreading the 8:00pm Holiday cheer throughout the

neighborhood streets - dress warmly!

HRC PHONE: (650) 341-4251 HRC FAX: (650) 349-9627 FAMILY TRADITIONS BEGIN AT THE HIGHLANDS RECREATION DISTRICT

OFFICE HOURS: 9AM-5PM
HIGHLANDSREC.CA.GOV